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THERE IS STILL MUCH TO LEARN FROM THIS 100-PLUS-TONNE BLUE WHALE CARCASS THAT FLOATED ONTO THE SHORE OF TROUT RIVER, N.L. **PAGES 12-13**

All hopped up on cinnamon swirls?

Maybe it's time to get off sugar — or at the very least, take a page from Anne Alexander's book, *The Sugar Smart Diet* **PAGE 24**

Habs paying for Price-y injury

Rangers veteran netminder Henrik Lundqvist puts on a goaltending clinic in his club's 3-1 win over the (Carey Price-less) Canadiens **PAGE 33**



STIs rising across B.C., Canada

'Million dollar question.' Chlamydia and gonorrhea, the two most common infections, have risen steadily for more than 10 years — but why?

SAM SMITH
vancouver@metronews.ca

For the last decade sexually transmitted infections (STIs) have steadily risen in all age groups across Canada. And no one can explain why.

Chlamydia and gonorrhea are the two most common STIs and have continued to rise annually for more than 10 years, according to the B.C. Centre for Disease Control (BCCDC) and the Public Health Agency of Canada (PHAC).

Dr. Mark Gilbert of the BCCDC has been hunting for the truth on this trend but has yet to find it.

"That's the million dollar question, isn't it," he said. "And unfortunately we don't have an answer to that."

According to the BCCDC



Dr. Mark Gilbert outside the B.C. Centre for Disease Control in Vancouver on Thursday. The centre has seen a rise in sexually transmitted infection in all age groups, but doesn't know why. JENNIFER GAUTHIER/METRO

2012 annual report on STIs (the latest available data), the number of reported cases of genital gonorrhea in B.C. in 2003 was 172 for females and

481 for males.

In 2012 the numbers had gone up to 449 for females and 843 for males.

The same rising trend is

true for chlamydia, Gilbert said.

At this point he can only speculate — perhaps it's changes in their testing patterns, or

people knowing more about their problem and seeking help sooner, or maybe it's a change in sexual behaviours. The only thing he knows for

sure is that he doesn't know.

Gilbert isn't alone either, as the PHAC has found the same trend in their own data and dates the continued rise in chlamydia, gonorrhea and infectious syphilis starting back in 1997.

"An increase in reported rates may be due, in part, to improvements of testing for certain STIs: Testing is now more effective and less invasive," a spokesperson for the PHAC told Metro. "More STIs may be detected because more people are being tested. Other reasons for increased rates may be due, in part, to inconsistent or improper use of safer sex methods or changes in sexual behaviours."

The PHAC said they're working closely with provincial and territorial partners to develop and disseminate tools to keep an eye on STIs and find new ways to combat the infections.

But Gilbert believes to help stop the trend it has to start with the people.

"I think the key message is always that STIs can happen any age, so really, if you're sexually active it's always a good idea to talk to a doctor about getting a test," he said.

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Real estate

What is driving up the prices in Vancouver's housing market?

In a city where the median family income is roughly \$70,000 per year, why are houses priced at several hundreds of thousands of dollars or even upwards of a million?

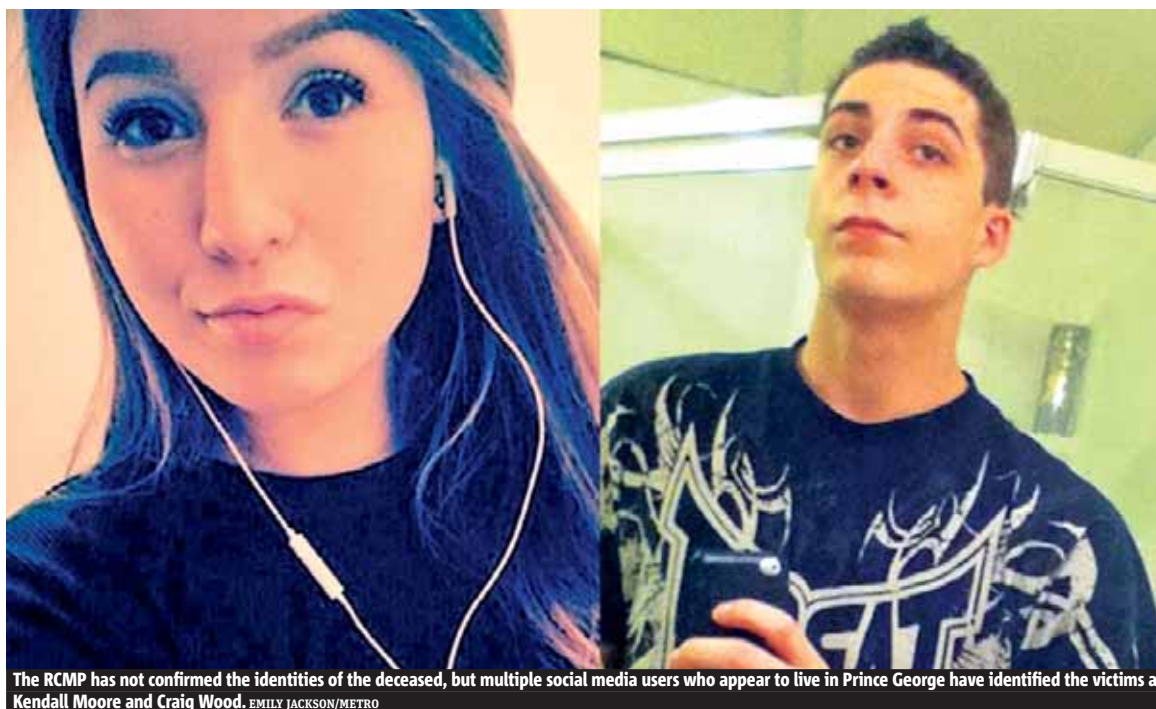
That's the question urban planner Andy Yan of Bing Thom Architects is trying to figure out, but he needs more tools to help find the answer.

"Per-capita incomes in Vancouver aren't too much higher than Reno and Nashville, but our housing prices compete with San Francisco," Yan said. "So this is really talking about well, if local incomes aren't giving the upward flow towards prices in housing, what is?"

Yan said the globalization of real estate has played a large role in shaping Vancouver into what it is, pointing out the city as a safe, reliable place for foreign investors to put their money.

"I think we offer a hedge against bad things happening in other places in the world, and I think increasingly people have recognized that across the world and that becomes a part of the rationale for investing into the city," he said.

At this point Yan can't say for certain what is truly pushing the housing market, which is why he's calling for much more substantive research into the subject. **SAM SMITH/FOR METRO**



The RCMP has not confirmed the identities of the deceased, but multiple social media users who appear to live in Prince George have identified the victims as Kendall Moore and Craig Wood. EMILY JACKSON/METRO

Two dead after car sinks in lake

Near Prince George. Bodies were recovered from the vehicle about 12 hours later



EMILY JACKSON
emily.jackson@metronews.ca

An after-prom party at a lake near Prince George ended with the death of two young adults over the long weekend.

Hundreds of people were at a party at Kwitzil Lake, about 40 kilometres outside city limits, when a vehicle carrying one female and one male plunged into the water around 4 a.m., according to Prince George RCMP.

Their bodies were recovered from the vehicle about 12 hours later with the help of the RCMP's underwater recovery team.

It's not clear what happened, but police and the B.C. Coroners service continue to investigate.

The party at the lake, more commonly known as Gravel Pit Lake, occurred on the same night as prom night for local high school D.P. Todd Secondary School.

The RCMP has not confirmed the identities of the deceased, but multiple social media users who appear to live in Prince George have identified them as Kendall Moore and Craig Wood.

Moore was a senior at D.P. Todd Secondary School, according to her Facebook page.

D.P. Todd Secondary School posted a message to Twitter Sunday evening saying information was coming in about the tragedy and that the school would have supports in place when classes resumed Tuesday.

"Please everyone breathe deep and take care," the message said. An email to the school principal was not immediately returned.

Anyone with information is asked to call Prince George RCMP at 1-250-561-3300.

1 NEWS



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Vancouver Biennale. Where should the city place new public art?

Before public art hits city streets for the Vancouver Biennale, the city is giving people a say on where it should go.

Vancouverites have until Wednesday to let the city know in an online survey if they like the idea of public art near their backyards or their workplaces as the city prepares to welcome seven additional pieces over the summer.

The Vancouver Biennale pays for the art for its exhibition across the Lower Mainland that features pieces by internationally renowned artists. In the past, the Biennale brought the beloved laughing sculptures to English Bay.

While feedback has been positive for the most recent piece of art in the three-year exhibition — Brazilian artist Hugo Franca carved driftwood into benches at Spanish Banks, to the delight of many passersby — reaction isn't always positive.

New Westminster's city council was divided over whether to approve three

pieces to be installed in its city for the biennale. The majority of councillors approved of two pieces, but a larger installation using old rail cars stirred controversy. (It was ultimately approved as part of the package.)

Potential locations for Vancouver pieces include Charleson Park, David Lam Park, English Bay, Queen Elizabeth Park, the park near Habitat Island in Southeast False Creek, the traffic island at Quebec Street and Milross Avenue and Gore Avenue at East Georgia Street.

EMILY JACKSON/METRO

Online survey

Vancouverites have until Wednesday to let the city know if they like the idea of public art near their backyards or their workplaces. Fill out the survey at vancouver.ca in the public art subsection of the parks, recreation and culture page.

Vancouver Island. Lower Mainland man killed in motorcycle crash

A Lower Mainland man is dead after losing control of his motorcycle on Vancouver Island Saturday morning.

The 33-year-old man was driving southbound on the Island Highway in the Nanose Flats area north of Nanaimo when he apparently lost control of his vehicle, according to Ocean-side RCMP.

Mounties were called to the serious collision at 9:09 a.m., but the man was found dead at the scene when they arrived. No one else sustained serious injuries.

The man's identity is not being released until his next of kin is notified.

The B.C. Coroners Service is investigating.

EMILY JACKSON/METRO



B.C.'s new recycling program took effect Monday. MATT CARDY/GETTY IMAGES

B.C. businesses to foot bill for recycling costs

Multi-Material BC. Over 1 million households to receive service from the non-profit organization

The B.C. government's controversial new recycling program has come into effect, irking some local business owners who say that additional costs will drive up the price of consumer goods.

The new regulations require that all businesses that supply packaging and printed paper to B.C. residential customers be responsible for collecting and recycling the material once cus-

tomers are done with it.

Anita Huberman, CEO of the Surrey Board of Trade, says this will create additional costs for businesses, which will pass the extra expenses onto consumers.

"Producers will be adding costs to food, newspapers, and other things distributed to retailers, then retailers will extend their traditional markup to consumers," wrote Huberman in an email. "This additional cost will make them less competitive with competitors from other provinces and countries."

"In Ontario, cardboard is being charged at eight cents a kilogram while in B.C. this program is at 29 cents a kilogram — this is huge," she wrote.

Huberman says that B.C.'s recycling fees should be reduced to match those in Ontario.

However, the director of the non-profit organization overseeing the new recycling program on behalf of 940 companies says the increased costs from the new rules would only hurt small businesses, who are generally exempt from the new regulations anyway.

"I think the exemptions that have been announced by the government address many of the concerns with respect to small business," said Allan Langdon of Multi-Material BC in an interview.

He says businesses that either make less than \$1 million in sales, produce less than

1,000 kilograms of print and packaging or businesses that do not operate as a chain or franchise are exempt from the new program.

"From our perspective that's really taken away the impact on the kind of small businesses that maybe have had a problem with the administration or costs," he said.

Langdon says up to 3,000 corporations are affected by the new regulations and those companies who are not signed onto Multi-Material BC will have to co-ordinate their own recycling efforts.

About 1.25 million households will be receiving service from the non-profit organization starting Monday, he said.

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Province remiss in Highway of Tears fix?

2006 report. First Nations, cities say B.C. has known how to solve problem for years

Sally Gibson has been waiting nearly two decades for answers about what became of her niece Lana Derrick, a 19-year-old forestry student

from a small First Nation in northern British Columbia who vanished along the Highway of Tears.

"We have heard so many different stories and have been told so many different things that we don't even know," said Gibson from her home in Gitanyow, the First Nations reserve where Derrick grew up.

Derrick's disappearance brought her family into a

community of loss and despair, joining the relatives of at least 18 women and girls who disappeared or were murdered along Highway 16 and two adjacent highways.

There are the yearly walks. The memorial ceremonies. And the shared frustration that the provincial government has yet to act on dozens of recommendations to protect vulnerable women in

B.C.'s north.

First Nations groups and municipal officials say the province should have acted years ago using a blueprint it already has: a 2006 report with 33 recommendations to improve transportation, discourage hitchhiking, and prevent violence against aboriginal women and girls.

That report was endorsed by a public inquiry report

released in December 2012, which called for urgent action. The 2006 report was crafted by several First Nations groups after the Highway of Tears Symposium.

Its first recommendation was a shuttle bus network along more than 700 kilometres of Highway 16 that runs from Prince Rupert to Prince George.

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Highway 16 near Prince George, B.C.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

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B.C. group takes right to die to top court

A B.C. civil liberties group has filed their written argument against an appeal court decision upholding the country's ban on assisted suicide.

Grace Pastine of the B.C. Civil Liberties Association says the organization will argue before the Supreme Court of Canada that assisted suicide should be legal on behalf of the families of people who wanted to die with dignity.

"It is time to change the law," said Anne Fomenoff, the mother of deceased high-profile plaintiff Gloria Taylor. "I feel

Gloria is with me every day ... I can hear her encouraging me, 'Go for it mom.'"

Taylor made headlines in 2012 when Justice Lynn Smith of the B.C. Supreme Court ruled the existing law banning assisted suicide was unconstitutional, but delayed her ruling for a year to allow the federal government to rewrite the statute.

Smith also granted Taylor an exemption that would have allowed her to seek an assisted death.

Taylor was terminally ill with ALS, also known as Lou

Quoted

"Ending my life in self-starvation, over-medication or some other self-inflicted injury are my only options."

Elayne Shapray, 67, a plaintiff in the assisted suicide case, who suffers from multiple sclerosis

Gehrig's disease, but didn't use the constitutional exemption. She died of an infection in Oc-

tober 2012.

The federal government appealed the B.C. Supreme Court decision, and the B.C. Court of Appeal overturned the ruling last October.

Sixty-seven-year-old Elayne Shapray, a plaintiff in the case whose body is wracked with multiple sclerosis called the ban on assisted suicide "discriminatory."

She says it prevents those suffering from chronic, debilitating conditions from having a peaceful death.

THE CANADIAN PRESS



Gloria Taylor PHYLLIS TORREVILLAS/METRO FILE

Oakridge. 25-year-old man arrested in connection to series of sexual assaults

Vancouver police have arrested a 25-year-old man in connection with a series of sexual assaults in the city's Oakridge area.

Police say an officer on patrol spotted a man who matched a description provided by three recent assault victims and arrested him Friday night.

The first offence occurred on May 12, when a 22-year-old woman was pushed into the

bushes and sexually assaulted.

The next attack happened on May 14, when a 19-year-old woman was pushed to the ground and sexually assaulted.

The third offence happened on the afternoon of May 15, when a 38-year-old woman was assaulted.

No charges have been laid and the suspect will appear in court next week.

THE CANADIAN PRESS

Tsawwassen

Suspect in custody after death of elderly man

A suspect has been arrested in the death of an elderly man in Tsawwassen Sunday evening.

Paramedics called Delta Police to a residence in the 4900 block of 5th Avenue at 5:04

p.m. When investigators arrived, they found an elderly man who was pronounced dead at the scene.

The death is being treated as a homicide. One suspect has been arrested and police do not believe the public is at risk.

As the investigation is ongoing, names will not yet be released.

EMILY JACKSON/METRO

Rapid melt of B.C. glaciers leaks into U.S. climate report

Global warming. B.C., Alaska singled out in study that shows some of the fastest glacial loss on Earth, due to rising temperatures

The mountains of British Columbia cradle glaciers that have scored the landscape over millennia, shaping the rugged West Coast since long before it was the West Coast.

But they're in rapid retreat, and an American state-of-the-union report on climate change has singled out the rapid melt in British Columbia and Alaska as a major climate-change issue.

"Most glaciers in Alaska and British Columbia are shrinking substantially," said the U.S. National Climate Assessment, released last week to much fanfare south of the border.

"This trend is expected to continue and has implications for hydropower production,



PhD student Matt Beedle, left, and professor Brian Menounos measure changes in glacier thickness using GPS in this undated photo.

UNIVERSITY OF NORTHERN BRITISH COLUMBIA/THE CANADIAN PRESS

ocean circulation patterns, fisheries, and global sea level rise."

According to the report, glaciers in the region are losing 20 to 30 per cent of what is melting annually from the Greenland Ice Sheet, which has received far more worldwide attention.

That amounts to about 40 to 70 gigatons per year, or about 10 per cent of the annual discharge of the Mississippi River.

"The global decline in glacial and ice-sheet volume is predicted to be one of the largest contributors to global sea-level rise during this century," the

report said.

It is some of the fastest glacial loss on Earth. The cause: rising temperatures due to climate change.

"We've seen an acceleration of the melt from the glaciers," said Brian Menounos, a geography professor at the University of Northern British Columbia and one of the scientists involved in cross-border, multi-agency research into glacial loss.

There are 200,000 glaciers on Earth, 17,000 of them in British Columbia. Another 800 are in Alberta.

In B.C., researchers are keeping a close eye on the Lloyd George Icefield west of Fort Nelson, the Castle Creek Glacier near McBride, the Klinaklini and Tiedemann glaciers in the Coast Mountains, and glaciers in the Columbia River Basin.

Early results suggest these glaciers are shedding 22 cubic kilometres of ice annually, or about 22 billion cubic metres of water.

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Reports: Mine officials ignored warning signs

High gas levels. Five people face charges in the disaster that killed more than 300

Sensors noted high levels of toxic gas inside a coal mine days before the disaster that killed 301 workers in Turkey, but company officials took no action, Turkish news reports

said Monday.

Prosecutors, meanwhile, formally arrested two more people for the devastating mine fire in the western town of Soma, raising the number of suspects facing charges of negligent death to five. Those detained included executives and supervisors at mine owner Soma Komur Isletmeleri A.S., prosecutors say.

Chief prosecutor Bekir Sahiner said 25 people were

initially detained as part of the probe.

Turkish news reports said prosecutors and inspectors had seized data from the mine that indicated sensors showed high gas levels inside the mine as early as two days before May 13. Reports say company officials did not record the high levels on log books and took no precautions.

Sahiner said that a preliminary probe indicated that coal

had been smouldering days before, causing the roof to collapse in one part of the mine and unleashing toxic gases that spread throughout. Government and mining officials have insisted that the mine was inspected regularly, that safety standards were high and that negligence wasn't a factor.

Police have broken up protests denouncing poor mine safety in Soma and elsewhere in Turkey. **THE ASSOCIATED PRESS**



University students, some wearing miners' hard hats, called on the government to resign as they marched in Ankara. BURHAN OZBILICI/THE ASSOCIATED PRESS



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Ukraine. Putin orders Russian troops deployed near border to pull back

In what could be an attempt to ease tensions with the West and avoid more sanctions, Russian President Vladimir Putin ordered troops deployed near Ukraine to return to their home bases Monday.

Putin also praised the launch of a dialogue between Ukraine's government and its opponents even as fighting continued in parts of the country ahead of Sunday's presidential election. The approach suggested that Putin may believe he has achieved his key goal of maintaining Russian influence

over eastern Ukraine without sending troops.

Russia still wants guarantees that Ukraine will not join NATO and will conduct constitutional reforms to give broader powers to its regions, something that would allow Moscow to maintain its clout in the Russian-speaking east. Putin ordered Defence Minister Sergei Shoigu to pull back forces involved in "planned spring drills" to their home bases, the Kremlin said.

The U.S. and NATO said they saw no sign of a pullout.

THE ASSOCIATED PRESS

Syrian conflict

Death toll now over 160K: Watchdog

The toll in Syria's three-year conflict has reached at least 162,402 deaths, Britain-based Syrian Observatory for Human Rights said Monday.

The crisis has uprooted

some 6.5 million people from their homes, forced 2.7 million to flee, laid waste to cities and towns alike and unleashed sectarian hatred.

Civilians comprised about a third, or 53,978, of the observatory's new toll. Those deaths include 5,586 women and 8,607 children.

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Leviathans under threat. A chance to stem more loss

On a cold Newfoundland morning last week, a man slicked with whale grease read aloud from a sort of shopping list.

"He wants a grapefruit-sized sample of liver, kidney, lung and ovary, but he said the ovary might be all mushy. He wants an eight-inch-wide part of the aorta. He wants an eye lens, if we can get it. He wants the wax earplugs and the longest pieces of baleen, starting below the gum line."

The man covered in grease was Burton Lim, assistant curator of mammalogy at the Royal Ontario Museum. The wish list came from Jack Lawson, a marine mammal research scientist at the Department of Fisheries and Oceans (DFO).

And they were "shopping" from the exposed abdominal cavity of a 100-plus-tonne blue-whale carcass that had floated to the shore of Trout River two weeks ago, bloated with gas, captivating millions with the threat it might explode.

It didn't. And for six days, after the ROM gained permission to take the skeleton to Ontario, the neighbouring town of Woody Point got a five-senses assault — Smell: the sourest stench imaginable. Sight: Egg yolk-yellow spinal matter. Sound: the thunk of meat hooks sinking into blubber. Touch: greasy goo, everywhere. There was even Taste for anyone unlucky enough to be caught open-mouthed at the wrong time.

'We were worried they were blues'

Blue whales are the largest animal ever to exist on Earth, but we know very little about them. And this whale was from a Canadian group struggling to reproduce, for reasons researchers do not understand.

The loss of a mature female — at least three, actually; two more washed ashore along the same coast — is a severe blow to conservation efforts. But it is a precious opportunity to study an exquisitely evolved animal and perhaps find out why her population is under threat.

Lawson first laid eyes on the whale on March 21. A woman in southwest Newfoundland had snapped pictures of something dark in the sea ice.

"We were worried they were blues," he says. A flyover confirmed it: Nine mature blue whales, apparently crushed in sea ice. Lawson was horrified.

Blue whales are endangered globally, but the Western Atlantic population that frequents Canadian waters is particularly troubled. While the eastern Atlantic group that swims from

Iceland to the Azores numbers at least 1,100, there are likely no more than 250 adults here.

Worse, the whales aren't reproducing well. In 35 years of monitoring this population, Richard Sears, founder of the Mingan Island Cetacean Study on the St. Lawrence River, has spotted just 22 calves.

"There's something going on with the animals in the Northwest Atlantic that's not good," says Sears.

'We're just looking for any clues'

Lawson wanted the aorta for show-and-tell, but everything else will be pored over to try to understand what is plaguing these creatures.

"We're just looking for any clues as to why this population isn't doing as well as we think it should be," says Lawson.

- **Pollutants.** Researchers will begin screening the whale's organ tissue and blubber for pollutants. Belugas in the St. Lawrence estuary have been shown to carry high levels of mercury, PCBs, DDT, the banned insecticide Mirex and other contaminants. Blue whales feed much lower on the food chain, so they face less exposure. The presence of toxins would be a major red flag.

- **Baleen.** Baleen is made of keratin, like our fingernails. As it grows, it stores information about the animal's diet. It might show the krill supply has changed over time or other problems in the ecosystem.

- **Climate change.** In the case of the Trout River whale and her eight kin, the direct cause of mortality is pretty obvious: Death by ice. In previous decades, when ice cover was more regular, it was common to see at most five blue whales killed by ice. That happens less now that climate change has decreased ice cover. "Maybe whales just aren't used to the ice anymore," says Sears.

- **DNA.** Genetic information from the Trout River whale will also provide crucial insights. Is it a match for DNA from several blue whales already on file? Are the western and eastern Atlantic populations really distinct? The Canadian Barcode of Life Network, which is building a database of genetic information for every species in Canada, will get its first blue whale.

And when the ROM uploads information about its collection to research databases, requests from all over the world will begin filtering in — a dead-whale explosion of a different sort.

TORSTAR NEWS SERVICE

The last pieces of blubber have been scraped, and the reporters have all gone home. But now Trout River, N.L.'s will now entertain a different audience: researchers. Here's a breakdown of the Royal Ontario Museum's recovery

A TALE OF



Flensing

A forgotten art in Newfoundland

Flensing, the stripping of whale blubber, was a practice familiar to Newfoundlanders just a generation ago. A beached blue whale would have been a bounty before the last two commercial whaling stations in the province shut down in 1972. Today, the removal of tonnes of whale flesh is a logistical nightmare, not to mention a nauseating mess.

The nine-person team — two from the ROM, three from Ontario's Research Casting International, three local workers and an American volunteer — started at the tail of the upside-down whale, removing chunks of blubber and meat with kitchen knives and huge fish hooks.



Vertebrae are stacked and tagged with poker chips before transport.
KATE ALLEN/TORSTAR NEWS SERVICE

Big job, big tools

Improvising with heavy machinery

As vertebrae were exposed and sawed off, a thick carpet of flesh from the whale's broad backside remained. Far too heavy to lift, the crew dealt with it by threading a sturdy rope through an incision in the flesh and lifting it with a front-end loader so the men could cut it into manageable pieces while it hung mid-air.

All the discarded chunks were thrown into the loader's bucket, dumped into a waiting truck and carted off to landfill. The bones — Fred Flintstone-size ribs, a flipper with a ball joint the size of a beach ball — were identified with coded poker chips and loaded into a semi-trailer triple-lined with plastic.

'Pudding gusher'

Rotten almost beyond recognition

The whale had been dead nearly two months, so its viscera were practically liquefied. But the ROM's Burton Lim was able to identify spleen, lungs, heart and liver from the oozing cavity. (His colleague Mark Engstrom started using "pudding gusher" as a technical term.)



Mark Engstrom, deputy director of collections and research, holds up an eye. KATE ALLEN/TORSTAR NEWS SERVICE

blue whale carcass — which fascinated millions with the threat of explosion and the scale of the removal effort — efforts and why the blue whale is such an important find.

A WHALE



TORSTAR NEWS SERVICE

Samples

Rummaging for grisly treasures

For safekeeping at the ROM, organ samples were scraped into cryogenic tubes and dropped into liquid nitrogen, flash-freezing them. The DFO's samples, along with a slice of aorta the width of a basketball, were bagged and picked up by fisheries officers.



A cross-section of the whale's aorta.
KATE ALLEN/TORSTAR NEWS SERVICE

Aging the whale

Valuable bits and pieces go missing

The eye lens and ear wax could be used to age the whale, which could be anywhere from 10 to 80 years old or more at sexual maturity. Scars on the ovaries would show whether she had calved. But all three were long gone, picked at by seagulls or lost in the mush.



Burton Lim samples spleen.
KATE ALLEN/TORSTAR NEWS SERVICE

Colossal cranium

Sometimes it's tough to get a head

When the crew used heavy machinery to peel back the massive sheet of blubber that housed the lower jaw, Lim got access to the baleen, the filter-feeding system made of hard, venetian-blind-like strips. He sawed a big chunk of the baleen off at the root and bagged it for pickup.

Eventually, there was nothing left of the whale in Woody Point but its upper cranium, which was too big to fit in the trailer and will probably be ferried in a shipping container.

TORSTAR NEWS SERVICE



Workers get down to the skeletal remains of the whale.
KATE ALLEN/TORSTAR NEWS SERVICE

Evolution and conservation

Our not-so-different kin



The similarity between humans and their marine mammal cousins is a useful avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian. GETTY IMAGES FILE

There's much to be learned from the Trout River whale independent of scientific research — and that will occur after the skeleton has been degreased, reassembled and mounted for display, a goal many years and millions of fundraising dollars away. The next step for the skeleton will be to bury it in compost for 12 months.

Mark Engstrom, deputy director of collections and research, has been planning an exhibit on cetaceans — marine mammals — for years. He has collected a humpback, fin, minke, sperm, right and killer whale. But the last opportunity to acquire a blue came up 25 years ago. A blue whale, more massive than any known dinosaur, will be the capstone of the ROM's new collection. Engstrom intends to focus the exhibit around two major tent poles: Evolution and conservation.

Everyone knows that whales are mammals, not fish. But what that actually means becomes apparent when you see its skeleton. A blue whale's flipper bones have a disconcerting similarity to human anatomy. Only the proportion is off: The arm bones are much shorter, while the finger-equivalents are longer. Some blue whales even have vestigial hind legs enclosed in their skin, remnants of a former life on land. These exquisite adaptations create a convenient avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian.

"The question is always, 'Why did the whale go back to water?' We can't tell you why, we can tell you how," he says. Whales' closest living terrestrial relatives are hippos. Fossils show that cetaceans evolved from hoofed animals.

As for conservation, people seem to be fascinated with their mammalian kin, reinforced by their sheer scale.

"Even though it's dead, it's still an amazing thing to be able to walk for 85 feet along the side of what was once a living thing and be able to see just how beautifully streamlined they are and how super-evolved to live in the marine environment," says Jack Lawson of the Department of Fisheries and Oceans. TORSTAR NEWS SERVICE



Dissection inspection

Here lies the Trout River blue whale's head and jaw. If you have a stomach of steel, scan this photo with your Metro News app to see more photos of the Royal Ontario Museum's team taking the carcass apart. KATE ALLEN/TORSTAR NEWS SERVICE

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Thailand's army declares martial law

Residents stop to take a photograph of themselves at a military checkpoint in central Bangkok, Tuesday. Thailand's army declared martial law in a surprise announcement before dawn Tuesday that it said was aimed at keeping the country stable after six months of sometimes violent political unrest. The military, however, denied a coup d'état was underway. The move effectively places the army in charge of public security nationwide. It comes after the Southeast Asian country's caretaker prime minister refused to step down. KIKO ROSARIO/ THE ASSOCIATED PRESS

Google buys into BYOD trend

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As more workers use one smartphone for business and pleasure, Divide helps businesses manage the risks

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1 billion

With more than one billion devices worldwide powered by Android it is the world's leading mobile operating system.

formation.

More than one billion devices worldwide already are powered by Android, making it the world's leading mobile operating system. Divide also offers an app for Apple Inc.'s iPhones. Although Divide is joining Android, the company reassured existing iPhone customers that their device-management tools will continue to work.

Divide, originally known as Enterpoid, was founded four years ago by former Morgan Stanley executives who believed that the growing popularity of smartphones and tablets would drive more corporate demand for device-management tools.

THE ASSOCIATED PRESS

Google has bought Divide, a startup that helps companies manage the mobile devices that employees are increasingly relying upon to get their work done.

Financial terms of the acquisition announced Monday were not disclosed. The deal is part of Google's effort to widen corporate usage of smartphones and tablets running on Android, its mobile operating system.

Google is counting on Divide's technology to make companies feel more comfortable about allowing their employees to use Android devices for business email and other on-the-job tasks involving sensitive in-

Feds robocalling themselves

The federal government has been running a massive robocall campaign out of Ottawa, dialling its own offices and hoping no one answers.

The objective? Ferret out and cancel the thousands of unused telephone lines that cost taxpayers millions each year.

So far, the robocalls have found at least 8,000 of them.

The project over the last year was to locate government lines that no one ever picks up, whether because of long-ago workforce downsizing, an office move or other reasons.

But Shared Services Canada, the agency in charge, has no master list of orphan telephone numbers for its 43 client departments, who are often sloppy about keeping track.

So it offered an auto-dialler system to the RCMP, Health Canada, Treasury Board and other big departments that allows them to ring their own office numbers to find out whether a lowly bureaucrat actually lifts the receiver at the other end.

So far, there have been no answers at 8,000 desktop

telephones, which puts them on a watch list.

The agency can then use another automated system to help verify whether each inactive line is permanently idle.

The system actively monitors any outgoing calls from these suspect lines, and sends a report to Shared Services Canada alerting officials if the line is in use after all.

Documents detailing the line-cancellation project were obtained by The Canadian Press through the Access to Information Act.

THE CANADIAN PRESS

Executive compensation

Target ex-CEO pay fell 35% final year

Former Target CEO Gregg Steinhafel's total pay fell 35 per cent to \$13 million US in his last year at the helm as the company's board revamped compensation plans amid complaints from shareholders that he was paid too much, according to a regulatory filing.

Steinhafel had earned nearly \$20 million in the previous year.

THE ASSOCIATED PRESS

Bye: Have It Your Way

Burger King serves up a new slogan: Be Your Way

Burger King is scrapping its 40-year-old "Have It Your Way" slogan in favour of the more personal "Be Your Way." The chain says the new tag line will roll out across its marketing in the U.S., including in a TV ad that will begin airing Monday night. The line made its first appearance in an online video last month. THE ASSOCIATED PRESS

Takeover offer

AstraZeneca rejects Pfizer's \$119B offer

The board of AstraZeneca on Monday rejected the improved \$119 billion US takeover offer from U.S. drugmaker Pfizer, a decision that caused a sharp slide in the U.K. company's share price as many investors think it effectively brings an end to the protracted and increasingly bitter takeover saga. THE ASSOCIATED PRESS

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SLEEP-HACK YOUR WAY TO SUCCESS?

While waiting in line at a coffee shop, I recently overheard a conversation between two women who seemed desperate to outdo one another's exhaustion level. They complained to each other about lack of sleep, hectic workweeks and the amount of caffeine required to compensate for their lack of energy.

In North America, it's not uncommon for individuals to wear fatigue as a badge of honour. We pride ourselves on being overscheduled while excess free time is viewed as an indication of laziness or lack of ambition. Even our biological need for sleep is now a sign of weakness.

When it comes to the perfect amount of shut-eye, experts seem divided on the number of hours we should be getting. Most doctors maintain that the average adult needs somewhere around seven to nine hours a night. However, one of the largest sleep studies ever conducted — with over 1.1 million participants — found that people who sleep for just six-and-a-half hours a night lived the longest.



SHE SAYS
Jessica Napier
metronews.ca

Dave Asprey, a tech entrepreneur turned life coach, is a prominent advocate for the "less-is-more" approach when it comes to sleep. A self-proclaimed bio-hacker, Asprey spent 15 years and \$250,000 of his own money consulting with doctors and scientists around the world and experimenting on his own body to alter his biology and become a more powerful human being.

He's now shilling his bio-hacking secrets through his website, The Bulletproof Executive, which offers lifestyle advice, techniques and tools designed to optimize your own biochemistry. He promises to teach people how to stay healthy and achieve a peak state of productivity by sleeping less than five hours a night. One of his more uncomfortable-sounding sleep-hacking

tips is to submerge your body in an ice bath prior to bedtime to accelerate the natural drop in internal temperature needed to fall asleep. He also recommends purchasing numerous slumber aids from his own line of branded products, which includes Bulletproof Coffee and other nutritional supplements.

Asprey boasts that he has trained his body to subsist on three to five hours of sleep a night and is able to wake up fully rested and functional the next morning. His evangelical arguments for a better life on less sleep are very appealing to time-starved individuals desperate to squeeze a few extra hours out of the work day and supercharge their efficiency.

And sure, these sleep-hacking techniques may allow you to answer a few more emails during the day or finish some neglected chores, but is more time spent conscious really worth the potential health risks? Asprey himself recognizes the dangers of sleep hacking and warns that he is not a physician and that his tips are on how to "safely(ish)" hack your sleep. Bypassing your own biological needs in the name of productivity is incredibly arrogant and ignores the many well-documented and dangerous problems associated with lack of sleep, including increased risk of cancer, heart disease, diabetes and weight gain.

Many of Asprey's tips — such as turning off electronics at least an hour before bed and eating low-mercury fish — are helpful in terms of getting better-quality sleep, but reducing the number of hours is still a risk. Sacrificing the quantity of resting hours means gambling with both your mental and physical well-being.

ZOOM

Out of the darkness ...



In this June 2013 photo provided by National Geographic, diver Susan Bird, working at the bottom of Hoyo Negro, a large dome-shaped underwater cave in Mexico's Yucatan Peninsula, brushes a human skull found at the site. Thousands of years ago, a teenage girl fell into this deep hole and died. Now her skeleton and DNA are helping scientists study the origins of the first Americans. PAUL NICKLEN/NATIONAL GEOGRAPHIC/THE ASSOCIATED PRESS

... and into the scientific spotlight

Mexican experts plan to extract the entire skeleton of a teenage girl who nearly 13,000 years ago toppled into a deep hole in a cave and died, an official said Monday.

An official said that so far only a molar and a rib fragment have been removed from the underground cave where the remains were found in 2007.

Once recovered, the remains will be studied and displayed. THE ASSOCIATED PRESS

Skeleton holds clues to first Americans

The discovery of the girl's skeleton is bolstering the long-held theory that humans arrived in the Americas by way of a land bridge from Asia.

DNA testing shows the girl is related, maternally at least, to today's native Americans, meaning both would trace their lineage to Beringia, the land masses on either side of the ancient land bridge now covered by the Bering Sea.

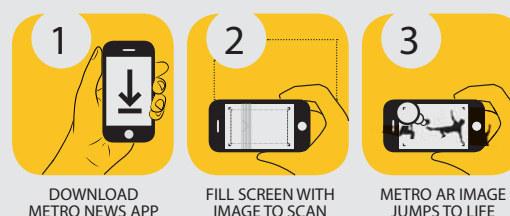
THE ASSOCIATED PRESS

Accidental discovery

- The girl's nearly complete skeleton was discovered by chance by expert divers who were mapping water-filled caves north of the city of Tulum, in the eastern part of the Yucatan Peninsula.
- The divers decided to name the girl Naia, after a water nymph of ancient Greek mythology.

METRO AUGMENTED REALITY

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MetroTube

Call of the cattle man



ANDREW FIFIELD
metronews.ca

Country rap exists. It's largely terrible, so you don't come across it much. But maybe there's hope. Maybe it's the approach that's wrong. Instead of mashing two genres of wildly different experiences and traditions together and hoping for the best, perhaps just allow things to happen organically. And like Darwin noticing the beaks on Galapagos finches, the adventurous optimist may see glimmers of country rap's original form in this video of a cattle auctioneer's calls transformed into smooth beats with the help of a few well-placed trap horns.



GETTY IMAGES FILE

(Via HNHD/YouTube)

MBA and MS in Computer Security in Vancouver, Canada

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See that symbol? It means you can scan the photograph below with your Metro News app. What happens when you try to fly baby dragons?

metronews.ca
Tuesday, May 20, 2014

SCENE

17

DVD review



Pompeii

Director. Paul W.S. Anderson

Stars. Kit Harington, Emily Browning, Kiefer Sutherland

Pompeii isn't the complete disaster you'd expect from Paul W.S. Anderson, who of course really wanted to make this movie. As a commercial director of infinite zeal for all things derivative, loud and messy, he would take to illustrating the big Roman bang of AD 79 like a zombie duck to a pool of blood. Actors — including in this case Kiefer Sutherland, Emily Browning and Games of Thrones' Kit Harington — can be such a nuisance when all you really want to do is light the fuse on a stack of dynamite. Yet it must be said that Pompeii doesn't completely suck, although it does blow, metaphorically speaking. When the time comes for Mt. Vesuvius to unleash its historical fury, Anderson and his ace Toronto tech team really go with the flow. The mayhem of the ancient city being whacked by Mother Nature (or by vengeful gods) is convincingly rendered in the film's second half, with much fire and brimstone being tossed about.

PETER HOWELL

How to train your regular Canadian boy

Jay Baruchel. Despite his success, writer and actor still feels out of place on a red carpet in Cannes — he's more comfortable in his PJs

Cannes is awash in glamorous celebrities who peacock on the festival's red carpet and confidently parade through its multitudes. Jay Baruchel is not one of them. He may be the most uncomfortable person in Cannes. Baruchel readily acknowledges it's "a little intense" for his tastes, which are not exactly red-carpet ready: "I don't like wearing suits or nothin'," he says.

The 32-year-old Canadian actor was in Cannes for the premiere of *How to Train Your Dragon 2*, for which (as with the Oscar-nominated 2010 original), he voices the main character, Hiccup, a young Viking who befriends the dragons his tribe has long slayed. Baruchel, who broke out in the Judd Apatow TV series *Undeclared*, is best known for his comedies, including *Knocked Up* and last summer's *This Is the End*. The anti-Hollywood version of himself he played in that film has some truth to it. Baruchel, who speaks with a Québécois accent, lives in his native Montreal blocks from his family. "I wish I wasn't known for hating Los Angeles, because I spend a good deal of time there," he says.

When you, your co-stars and a large model of the dragon



Jay Baruchel is the voice of the young Viking Hiccup in *How To Train Your Dragon 2*. CONTRIBUTED

from the film were chaotically mobbed on the Croisette in a promotional stunt Thursday, you probably wondered how this could be your life...

The entire time. Exactly — "If my friends could see me now" type of thing. And what my life was two days ago: I look like a dirt bag more often than not. I'm in my pyjama pants 12 hours a day. The biggest thing I had to do two days ago was clean the litter boxes. And here I am on the Croisette and there's people getting elbowed in the head.



You've now spent some seven years on Dragon, with a third film planned. What's that journey been like?

You can spend your entire career and never be part of something that's half as an important as *How to Train Your Dragon*. We all knew it

was a good movie, but I don't know if any of us expected to it be a global phenomenon.

The hockey comedy you co-wrote, *Goon*, has a deserved cult following.

In the States, it's a cult life. In Canada, it was a bona fide, massive hit. We were number 1 in Canada when we opened, and English-Canadian movies are never number 1 ... Our American distributors (Magnolia Pictures) dropped the ball a bit, unfortunately. Their model is all about VOD, which is fine, but the movie deserved a better life. But it's achieved one.

THE ASSOCIATED PRESS

2 SCENE

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METRO CUSTOM PUBLISHING *THE MONUMENTS MEN*



George Clooney directed, wrote, co-produced and starred in *The Monuments Men*. SONY PICTURES

MONUMENTAL INSPIRATION

A Hollywood film about a heroic art rescue mission during the Second World War has a Toronto link because the American conservator the movie is based on worked at the Royal Ontario Museum before leading his platoon on a secret operation overseas.

The movie, *The Monuments Men*, stars George Clooney, whose character is inspired by George Stout, one of the leading 20th-century figures in the field of conservation. The Harvard professor's influential restoration techniques were brought to the ROM in the summer of 1933 when he worked on an important Chinese mural that still hangs in



Lt. George Stout, U.S. First Army and U.S. Twelfth Army Group.
WALKER HANCOCK COLLECTION

THE EUROPEAN WAR THEATRE

Initially in the mission of the Monuments Men, George Stout was the only conservator and had to train the others — mainly art museum professionals — to properly document, pack, store and transport the recovered artworks in the European war theatre. In one instance, Stout had so few packing materials that he had to use Belgian lace to pad a valuable sculpture.

the museum today. Stout was later selected to assemble an expert team of conservators, curators and art historians that would risk their lives during the Second World War in an effort to save art and artifacts from Nazi hands.

The Monuments Men was released in theatres in February and is soon to be available in DVD/Blu-ray.

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— Lou Lumenick, NY POST

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Screenplay by
GEORGE CLOONEY & GRANT HESLOV

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The ROM's seven conservators are part of an exclusive profession with an estimated few hundred in existence across the country. They all watched the film with a unique and rarefied perspective, even cheering in one scene when Clooney dusts off a work of art.

"These are the types of things we get excited about," says Heidi Sobol, the ROM's senior conservator of paintings. "Our profession is rarely highlighted because there is so few of us proportionally in society. It's nice to see not only a movie about the types of things we do in our profession, but also referenced in such a monumental and noble pursuit. To have George Clooney play one of our most notable conservators was quite exhilarating."

Clooney directed, wrote and co-produced the movie, which is based on Robert M. Edsel's book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History*.

Stout made his way to the ROM in the summer of 1933 after former ROM director Charles Trick Currelly asked him to work on *The Paradise of Maitreya*, a 13th-century wall painting that is still in the museum's Bishop White Gallery of Chinese Temple Art. The mural had arrived at the ROM from China in 1928 in pieces — 63 to be exact — thanks to monks who carved it out of China's Xinghua Si Temple wall in an attempt to protect it from invading armies in the village of Xiaoning in Shanxi province. The mural is about five metres by 11 metres and depicts the Buddha Maitreya giving a sermon in an imagined heaven.



SONY PICTURES

"He was very conscientious about restoring the mural in a way that would make it treatable again, which is one of basic tenets of conservation," Sobol says.

Known as a responsible conservator, Stout and his contemporaries advanced the field of conservation during the 1930s, '40s and '50s, helping build the profession's profile. Up until then the prevalence of scientific methodology in conservation had been limited and the profession was approached more as

a craft that you learned through an apprenticeship. But Stout approached conservation from a more scientific point of view, emphasizing the analysis of the artwork as well as its documentation.

"Our field of restoration and conservation really took off in the mid part of the century and a lot of that is owing to George Stout and all his colleagues at Harvard and the Fogg Museum. They put out some very important publications we still reference today."



Monuments Men George Stout, left, Walker Hancock, centre right, and Steven Kovalyak, right, during the excavation of Bernterode. The soldier standing between Stout and Hancock is Sgt. Travers. WALKER HANCOCK COLLECTION

EDUCATIONAL PURPOSES

From the ROM correspondence archives, George Stout alludes to the issue of Prohibition in the U.S. In advance of his trip to the ROM, he was assembling materials and supplies, including the solvent ethyl alcohol. This solvent is also known as ethanol, which is used to make alcoholic beverages. "In spite of our national prohibition on spirits, we are able to buy it at wholesale price for scientific and educational purposes," Stout wrote.

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— Peter Travers, ROLLING STONE

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Deryck Whibley ALL PHOTOS GETTY IMAGES

Sum 41's Deryck Whibley hospitalized for alcohol abuse

Sum 41 singer and Avril Lavigne's ex-husband Deryck Whibley has been in the hospital for the past month due to his alcohol consumption, he reveals on his own website.

"My liver and kidneys collapsed on me. Needless to say it scared me straight. I finally realized I can't drink anymore. If I have one drink, the (doctors) say I will die," Whibley writes alongside photos of

him in the hospital. "I was drinking hard every day. Until one night. I was sitting at home, poured myself another drink around midnight and was about to watch a movie when all of a sudden I didn't feel so good. I then collapsed to the ground unconscious. My fiancée got me rushed to the hospital where they put me into the intensive care unit."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Solange, Solange, will we ever know?



STARGAZING
Malene Arpe
scene@metronews.ca

Speculation has run rampant all week as to why Beyoncé's sister Solange would attack Jay Z in an elevator. These are the most likely theories: 1) Solange was standing up for her sister against Jay Z, who is a cheating cheater; 2) Solange was drunk and Jay Z was the nearest target; 3) Illuminati; 4) Masons; 5) Satan; 6) Fight club; 7) Molecules; 8) Milan Lucic told her to.

Ozzy Osbourne has had



his application to convert a barn in his Buckinghamshire home denied because the barn is full of bats. "Bet you didn't imagine the revenge would come via good, old-fashioned bureaucracy," said a bunch of bats.

Kylie Jenner tattooed Lionel Richie's son and posed with a shirtless Jaden Smith. "You're my new favourite," said Kris Jenner. "For now. Don't get complacent."



Heidi Klum

For Heidi Klum, breakups can be expensive

Heidi Klum split from her bodyguard-boyfriend, Martin Kirsten, back in January after 18 months of dating, but sources say she didn't leave him empty-handed.

"Martin says Heidi treated him well so he would keep his mouth shut," a source says, explaining that it was Kirsten who reluctantly ended their relationship. "He was sick of being a househusband. He did

everything for the children. He says Heidi is a lovely person, but he had to do what was right for him. He's really sad."

But a hefty financial send-off from Klum apparently helped cheer him up. "Martin has been spending thousands of dollars on dinners, parties and clothes," says the source, adding that Klum also apparently bought Kirsten a house for his mother in South Africa.

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Two Open Houses have been scheduled to discuss goals and priorities for the future of Riverview.

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|---------------|--|
| Date: | Saturday, May 24, 2014 |
| Time: | 2:00pm – 6:00pm (Drop-In) |
| Place: | Dogwood Pavilion, Mike Butler Room
624 Poirier Street, Coquitlam
(Entrance off Winslow Avenue) |
| Date: | Wednesday, May 28, 2014 |
| Time: | 4:30pm – 7:30pm (Drop-In) |
| Place: | Kyle Centre
125 Kyle Street, Port Moody
(Entrance off St. Andrews Street) |

If you cannot attend the open house in person, please visit our website, www.renewingriverview.com, where you can participate in our online open house starting **May 25, 2014**.

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Close to the city: Grouse Mountain ziptrek tours.

Farther out: Ziptrek Ecotours, Whistler.

Kayaking

Whether you're kayaking in the city or in the wilderness, the selfies you can take from the water will be spectacular.

Close to the city: Deep Cove Canoe and Kayak, North Vancouver.

Farther out: Surfing haven Tofino, located on the west coast of Vancouver Island.

Hiking

B.C. is one big tangle of hiking trails through the province's diverse landscapes.

Close to the city: Vancouverites' favourite hikes include Lynn Canyon, the Stawamus Chief overlooking Squamish, and the aptly named Grouse Grind.

Farther out: Visit bchiking.com.

Biking

B.C. is a haven for trail riders, whether you like a level, winding trail or a near-vertical downhill thrill ride.

Close to the city: North Vancouver has countless coastal rainforest biking trails for every level of biker.

Farther out: The province is your oyster. Visit mountainbikingbc.ca.

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What's better after a hike, bike or kayak than relaxing in a natural hot spring bath? Answer: nothing

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— Stephanie Orford

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Whether singing alongside other students in a musical theatre production, experiencing the exhilaration of an on-stage dance performance, or discovering the world through drawing and painting, art is a precious form of self-expression.

Arts education is proven to help develop academic skills, boost personal growth, well-being and self-confidence, and provide a safe and supportive environment for self-expression. That's not all — art and arts education unite us to create a strong, vibrant community.

For 35 years, Arts Umbrella has proudly provided high quality and accessible arts education to children and youth through-



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out Greater Vancouver and beyond.

Arts Umbrella's Summer programs for ages three to 19 in painting, drawing, sculpture, photography, computer design, dance, theatre and music offer many opportunities for creative discovery.

In future years, your child will benefit from exposure to the arts, no matter where their dreams take them. Whether your child is just discovering his or her inner artist, or is dreaming of a career in the arts, our experienced and trusted instructors can guide them throughout their journey. Join our community where art comes alive.

To learn more about Arts Umbrella programs, visit artsumbrella.com.

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For those looking to expand their language horizons this summer, Alliance Française is the perfect choice.

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"The goal is to be very immersive all day," says Valentin Morin, course manager for Alliance Française.

Students are enrolled for two weeks at a time, with intensive language courses in the morning and fun, upbeat activities in the afternoon. Courses are designed for beginners up to people wanting to re-kindle their connection to the language.

"We're always up to date, we have methods based on the international exams which students can use around the world," Morin says.

The program also offers training and testing so high school students can receive their diplomas in DELF and DALF — diplôme d'études en langue française and Diplôme approfondi de langue française. If received, the diplomas are used in schools and universities as a sign of a skill in the French language.

With a focus on the international



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exams, the school has made a commitment to finding the best teachers. All 20 teachers have French university degrees to help bring the latest in European learning.

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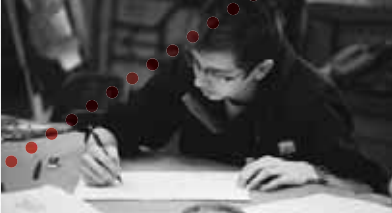
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NEWS CANADA

VAN PACKED? CHECK. TRAVEL DOCUMENTS?

Every spring, Canadians take to the road in great numbers, exploring their own provinces, setting out across the country, or heading south of the border. As road-trip season quickly approaches, this is the perfect time to revisit your insurance policy to make sure you have all of the coverage you will need.

UNDERSTAND YOUR VEHICLE INSURANCE

While all Canadian drivers are required to have automobile insurance, just what that includes is not always clear. Many of us have a basic understanding, yet according to a study from Western Financial Group, only 22 per cent are extremely confident that they know what they are covered for.

"Before turning the key, ask your provider if you're covered for bodily injury, accident benefits, and emergency road service," says Shirley Parchoma, a regional director with Western Financial Group. "It is imperative that you understand your policy in order to be protected, especially when travelling outside of your province or country."

GET MEDICAL INSURANCE WHEN DRIVING IN THE UNITED STATES

Many Canadians don't do this. Even the shortest road trip to the States, such as a day spent cross-border shopping, comes with risks. Given the potential for exorbitant medical costs should an emergency arise, it is essential that you are covered.

CONSIDER YEAR-ROUND TRAVEL COVERAGE

"People tend to assume that year-round travel coverage is expensive, yet never bother to truly evaluate their options," says Parchoma. "Annual policies are very affordable and ideally suited to almost everyone that travels across the border, even occasionally."

PACK APPROPRIATE DOCUMENTS

You have the correct vehicle and travel coverage, and you planned your route, so what else do you need to do? Gather all of your documentation, from up-to-date prescriptions and contact information for your insurance broker to identification for everyone. — *News Canada*

One place where fun is guaranteed

If you haven't been to Playland at the PNE yet this year, prepare to get your socks knocked off. Two-and-a-half words for you: Rock-N-Cars.

The new ride debuted when the park opened on May 3, and had kids and adults screaming from the get-go. It's an adrenaline-pumping upgrade of Playland's classic Bumper Cars, which left the park last year after 47 years in operation.

Step through the Rock-N-Cars gates and enter the fast-paced world of race cars — with one difference: you can crash 'em. Get behind the wheel of a Formula 1 race car or a speedy Spyder sports car and put your driving skills to the test as the music blasts.

"Rock-N-Cars is a faster-paced, racier Bumper Cars," explains PNE spokesperson Laura Ballance. "It's a great place to go all-out with your friends. There's some pretty questionable driving going on," she laughs. "But with this ride, the more bumping, the better."

The ride is the latest addition to Playland's lineup of more than 30 world-class attractions, including hair-raising rides like Atmos-



PNE enthusiasts take in the event's iconic 1958 wooden roller-coaster. CONTRIBUTED

fear, Hellevator and the iconic 1958 wooden roller-coaster. Skill-testing games, a climbing wall, a haunted mansion and much more will entertain you all day.

"You're going to have a blast," says Ballance.

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Bittersweet truth about sugar

You thought chocolate was your friend: it's always there for you when things get rough. But it could actually be the enemy in disguise. From weight gain to diabetes, a diet high in processed sugars is going to make you fat, old and ill.

Anne Alexander, author of *The Sugar Smart Diet*, tells us why the sweetest things in life are making us sick.

ROMINA MCGUINNESS Metro World News in London



It'll turn you into a moody cow

Overconsumption of sugar causes mood swings. "Every time you eat a sugary meal, your brain releases a feel-good hormone known as serotonin. So for about half an hour you're on a high (you may have noticed that you have more of a sweet tooth when you're feeling low). But right after that sugar rush comes a crash — and you feel worse," says Alexander. Instead, she recommends doing something that'll make you feel better without taking you through this up/down cycle, such as yoga, a quick walk or meditative breathing.

It's being added to every thing

According to Alexander, Americans alone are eating an average of 130 pounds (59 kilograms) of sugar a year — that's 22 teaspoons a day. They're getting the bulk of it from processed foods, not naturally occurring sources, such as fruit or dairy.

"Most of the time sugar is the first, second or third added ingredient. It's hiding in your pasta sauce, your salad dressing — it's even in your 'skinny' soup," she tells Metro. Why? Companies use it in lieu of fat to make up for the lack of taste. Even so-called healthy foods are full of it: "Yogurt, for example, often contains the same amount of sugar as ice cream," she adds.



Beware the spare tire

"Sugar per se isn't going to make you gain weight; eating too much of it on a daily basis will. The new research coming out on pure fructose is troubling. It stimulates your appetite, and causes you to gain weight really quickly via a process known as lipogenesis. We're not talking about the fructose you get from eating fruit. Many manufacturers have figured out a way to make super-concentrated fructose, which promotes hunger and speeds up the body's ability to make fat," explains Alexander. And as fructose causes globules of fat to be stored in your abdominal organs, that's how you end up with a flabby belly.

It makes you look bad (and old)

A lifetime of sodas, cronuts and whatnot will accelerate age-related damage. "Sugar speeds up the breakdown of the protein fibres responsible for keeping the skin firm and elastic. Once these have been damaged, the skin takes on a more brittle, saggy appearance. This happens via a process known as 'glycation,' whereby sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (AGEs). The more sugar you eat, the more AGEs are produced and as these build up, they damage the proteins nearby," Alexander tells us.



It's making you ill

"People worry about cavities and putting on weight — but at no point do they think about the effect their diet is having on their actual health," says Alexander. "A diet high in processed sugars has been linked to obesity, diabetes and heart disease. It can drive up your cholesterol (which leads to high blood pressure), and cause excess insulin in the bloodstream, which in turn takes its toll on your arteries. It can also increase your risk of getting diabetes: a recent study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1 per cent."

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Gulp-worthy post-workout drinks



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

What are the best post-workout beverages? Water, of course, is a go-to. And milk is just as hydrating. Plus, it increases muscle protein synthesis after strength and endurance training, according to research published in the *Journal of the International Society of Sports Nutrition*.

In the May issue of *Best Health* magazine, Canada's healthy lifestyle magazine for women, staffer Melissa Greer rounded up some post-workout drinks that hydrate surprisingly well.

Watermelon Juice

Did you know that it helps ease post-workout muscle pain?

Research published in the *Journal of Agricultural and Food Chemistry* found that L-citrulline (watermelon is rich in this amino acid) helps reduce recovery heart rate

and muscle soreness.

Look for watermelon juice in health food stores. But check that it's not just a watermelon-flavoured drink with lots of added sugar.

Better yet, make your own by throwing chunks of seeded watermelon into a blender; whirl, and strain out any pulp.

Tomato Juice

This is rich in lycopene — a natural antioxidant that protects cardiovascular health and helps reduce exercise-induced muscle damage. Add water if you find it too thick.

Cherry Juice

It can reduce exercise-induced muscle pain and damage, according to a study published in the *British Journal of Sports Medicine*.

As with watermelon juice, look for brands that don't have lots of added sugar, or choose cherry nectar and dilute with water as desired. And, of course, be sure to drink up before and during your workout, too.

Why not try a drop of



Aside from water, watermelon juice, tomato juice and cherry juice all make great post-workout drinks. iStock

peppermint oil in your water bottle?

Research published in the *Journal of the International Society of Sports Nutrition*

found that consuming this essential oil for 10 days had a positive effect on blood pressure, exercise performance and breathing ability

during a workout.

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Calamari gets a sizzling makeover

NUTRI-BITES
Theresa Albert
D.H.N., R.N.C.P.
myfriendinfood.com

Calamari is usually a deep-fried, restaurant appetizer but it is actually a quick cook, nourishing, low-fat protein.

Squid can be purchased in whole tubes, which are great for stuffing and baking. But make sure they are "cleaned," meaning the guts and inedible tooth are removed. This is one smelly, disgusting job.

A much easier option is to purchase squid frozen and already cut into rings.

A quick sauté in a hot pan or a fast grill is the best way to cook calamari. Flavouring comes later. Marinating only toughens the already rubbery texture, as does overcooking. Truly, you

don't want to cook these for more than two to four minutes over very high heat.

Squid is a decent source of the all-important omega-3 fatty acid, but it is a really great non-meat source of B12, critical for energy production and battling the impact of stress.

The bottom line is simple: don't wait for a deep fryer to enjoy this seafood. Do it at home and be happier, smarter and healthier.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER

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Red Rice Bowl with Buttered Calamari.

The secret ingredient in this recipe is its dressing, which mixes sweet and savoury flavours

THERESA ALBERT

myfriendinfood.com

There is nothing simpler than a rice bowl topped with some crisp, green veggies and fish.

In fact, in much of the Asian world, this is a no-brainer staple and rice is kept in the rice cooker for just such a dish.

Even if you don't have the forethought to do the rice ahead, it only takes 30 minutes to cook this nourishing foundation.

This recipe uses red rice or brown basmati. Red rice is simply another variety of unhulled rice, but it does have the added benefit of cancer fighting phytochemical, anthocyanin.

1. Remove calamari rings from

freezer and allow to slightly thaw on counter.

2. Add cold water and brown rice to a pot and bring to a boil. Turn down and allow to simmer for 20 minutes while you prepare dressing and calamari.

3. Mix ingredients for dressing: oil, vinegar, lemon or sumac, 1 clove garlic, mustard, honey and red pepper flakes. Set aside 2 tbsp to drizzle at the end.

4. Chop cucumber and cabbage and add to a large bowl. When rice is cooked, add to cabbage, cucumber and stir in all but 2 tbsp of dressing. Add sunflower seeds. Set aside.

5. In a large skillet, melt butter, add garlic and quickly stir in calamari. Toss on high heat for 2-5 minutes until rings are cooked through but not tough.

6. Top rice with calamari and drizzle remaining dressing.

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This recipe serves four. THERESA ALBERT

Ingredients

- 500 g calamari (rings)
- 2 3/4 cups water
- 1 1/2 cups brown rice (red rice or brown basmati)
- 2 tbsp extra virgin olive oil
- 1/4 cup rice vinegar
- 1 tsp dried sumac or lemon peel
- 1 clove garlic, minced
- 2 tbsp grainy mustard
- 1 tsp honey
- pinch red pepper flakes
- 1 English cucumber
- 6 napa cabbage leaves
- 1 cup sunflower seeds, roasted
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- 1 clove garlic

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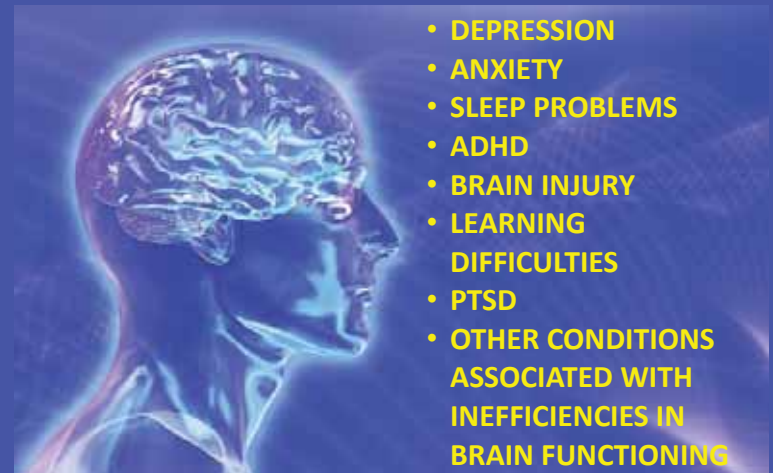
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Nicole Ticea, left, Simon Fraser University student Gursev Anmole and SFU molecular biology and biochemistry Prof. Mark Brockman. Ticea created an early-stage HIV infection test with help from her SFU mentors. CONTRIBUTED



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SFU mentors help student

**DANIEL
HENDRIKSEN**
For Metro

A Vancouver-based Grade 10 student has gained a boatload of recognition after taking top spot at a provincial biotechnology competition.

Nicole Ticea, a York House Grade 10 independent school student, has created an early-stage HIV infection test. According to Ticea's mentor, Simon Fraser University student Gursev Anmole, the project was not only good

enough to beat out 16 other competitors at the 2014 B.C. Regional Sanofi BioGENEius Challenge, it could lead to much more.

"What Nicole has accomplished gave me a bigger picture on my own work, which involves analyzing immunity controlling T-cell receptors to see how they can be used in developing an HIV vaccine," Anmole said in a press release.

"Nicole's work really made me realize what a big difference a fast, easy-to-adminis-

ter test for early-stage HIV infection could make in prolonging, if not saving, thousands of lives in developing countries."

The test Ticea has created is almost as easy to use as a pregnancy test, and could be effective in remote regions that lack sufficient sophisticated lab facilities.

Anmole and SFU molecular biology and biochemistry Prof. Mark Brockman have been mentoring Ticea and helped her hone her project for presentation to a panel of

judges. With the assistance of the two SFU researchers, Ticea proved that the test she has developed could potentially analyze a pinprick of blood on a tiny lab chip to identify quickly whether someone has recently been infected with HIV.

"Being in the lab really reinforced what I already knew — that scientific research involves dedication, determination, long hours and a deep-rooted love for the field that makes sacrifices worthwhile," Ticea said.

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Langara College's employee wellness program was recently presented with a community champion award from the Canadian Cancer Society (B.C. and Yukon division). CONTRIBUTED

Community champs

Langara College. Employee wellness program receives award from Canadian Cancer Society

DANIEL HENDRIKSEN
For Metro

Langara College's employee wellness program was recently presented with a community champion award from the Canadian Cancer Society (B.C. and Yukon division).

Melia Goertzen and Kristen Wilson, the co-chairs of the school's wellness promotion committee, were presented with the award last month by Dr. Lane Trotter, Langara president and CEO, and Canadian Cancer Society's Julia Hayos.

"I nominated Langara for the community champion award because they are extremely creative and innovative in the activities and opportunities they offer to their employees," Hayos said in

a press release. "They have strong organizational support and draw on campus and community resources and partnerships to provide a cost-effective approach to offering activities. Overall, I've been very impressed with Langara's efforts in the first year of the WellnessFits program, and I'm excited to see how they continue to progress in their workplace wellness efforts."

Langara joined WellnessFits in November 2012. The initiative is a program developed by the Canadian Cancer Society and the provincial government's Healthy Families B.C. initiative. It is a free workplace wellness program that gives B.C. employers the tools and support needed to create healthy and active workplaces. The program of-

fers a variety of tools to promote healthy lifestyles such as healthy eating, physical activity, healthy minds, being tobacco free, and sun and UV awareness.

"We really knew that we wanted to go to the next step and to help our employees, but we had no idea where to start so the WellnessFits program gave us a starting point and we took everything we had from that and ran with it," Goertzen said.

Since joining the WellnessFits program, Langara's wellness promotion committee has hosted three employee wellness initiatives — a physical activity challenge, a healthy minds initiative, and a healthy eating initiative.

To learn more about Langara's employee wellness promotion committee, visit langara.bc.ca/hr/wellness. Or for information on the Canadian Cancer Society's WellnessFits program, visit wellnessfits.ca.

Beedie School. Rare collection donated

The Beedie School of Business recently received a rare collection of historical business share certificates. Donated by former Canadian senator Jack Austin, the collection comprises of 24 certificates.

The certificates — issued by the Chinese government (1913), British Canadian Lumber (1911) and the city of Moscow from pre-Tsarist Russia (1908) — will be displayed at Simon Fraser University's Segal Graduate School of Business in downtown Vancouver.

"We are extremely grateful to Jack Austin for this generous donation of certificates, which are not only of historical significance, but also have artistic merit," Daniel Shapiro, dean of the Beedie School of Business, said in a press release.

The certificates resemble sheets of antique postage stamps or engraver's art and represent a snapshot of



The Beedie School of Business recently received a rare collection of historical business share certificates. CONTRIBUTED

global business at the turn of the 20th century. According to Austin, the collection represents two themes — globalization, and capital markets.

"These certificates are an excellent reminder to today's generation of investors to be careful with their invest-

ments," Austin said.

"As we have moved to electronic anonymity since the 1980s, many share certificates have become collectors' items. They could be either simply or beautifully designed, and many are virtual works of art."

DANIEL HENDRIKSEN



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SwB students start at Langara

DANIEL
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For Metro

Earlier this month, nine Brazilian students began their studies at Langara College as part of a program called Science Without Borders (SwB).

The international scholarship initiative is funded mostly by the Brazilian government and was launched in 2011 with the goal of sending 101,000 students overseas to study science, engineering, technology, and mathematics by the year 2015.

"This is an extraordinary initiative by the Brazilian government to bolster science and technology education amongst their student population," Margaret Heldman, Langara's dean of science, said in a media release.

"As a college, we're thrilled to play a part of these efforts, and we will work to reinforce this international relationship and to support our visiting students in real-

izing their educational goals."

The SwB program aims to send highly-qualified students to the best post-secondary schools around the world to promote the internationalization of science and technology, and to increase the exchanges and mobility of undergraduate and graduate students. Eligible students can look forward to a year-long period of studying abroad.

Members of Douglas faculty travel to Uganda

A group of 13 Douglas College faculty members recently left for Africa to meet with students involved in the institution's Uganda Project.

The team left Canada May 14 to get an idea of the health and social work the Douglas students are providing in the eastern African nation as part of the Uganda Project. The initiative is an educational program that gives students the opportunity to live in Uganda while working for lo-

cal government and non-government organizations.

Ten students from Douglas' faculty of child, family and community studies are completing practicum placements through the program this spring.

"Our students go to Africa with one purpose — to learn

from Ugandans as they tackle complex social and health issues," Bob Shebib, trip co-host and co-occurring disorders program co-ordinator, said in a press release. "The upcoming trip enables participants to share this learning opportunity."

The majority of the Doug-

las staff that has made the trip to Uganda is part of the faculty of health sciences, which includes nursing, dental assisting and other programs. In addition to observing students, the staff will be looking for future practicum opportunities for health sciences students.

"This trip is much more than a typical tourist experience," said Hazel Postma, trip co-host and associate vice-president, external relations. "The participants will get a unique look at life in Uganda while helping to strengthen the college's connection to the country."



Langara College dean of science Margaret Heldman with Science Without Borders students Ananda Codo Favero, Lahiri Loradão Souza, Renan Bitencourt Garrido, and Luis Gustavo Bet. JENNIFER OEHLER PHOTO

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Kwantlen. Advisory committee announced

DANIEL
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For Metro

Kwantlen Polytechnic University (KPU) has taken another step toward establishing British Columbia's first public school of traditional Chinese medicine (TCM). On May 8, the university announced the TCM's program advisory committee (PAC).

The announcement was made by Dr. Tru Freeman, KPU's dean of health science, along with Richard T. Lee, parliamentary secretary for traditional Chinese medicine. Now that it has been established, the PAC will review the program requirements, identify potential clinical practice placements and advise on professional, workplace and market changes.

"Kwantlen Polytechnic University has assembled an exceptional team of TCM experts from health, business and education," Freeman said in a media release. "These are leaders who bring local and international understanding and experience to the TCM industry in B.C., and who will



Kwantlen Polytechnic University (KPU) recently announced the traditional Chinese medicine program advisory committee. CONTRIBUTED

bring that same knowledge and expertise to the first public school of traditional Chinese medicine in the province, and one of the first in the country."

"This is an important next step in the development of KPU's unique, applied and relevant program," said Dr. Alan Davis, KPU president and vice-chancellor. "Relevant in

that it will address the needs of our communities, but also because those advising the program are current practitioners and educators, many of whom were instrumental in developing British Columbia's TCM industry."

The TCM curriculum is expected to get underway in the fall of 2016, however KPU's faculty of health will offer

the first year of health foundational (HF) programming in the fall of 2015.

Falcons honoured on champions day

The accolades keep coming in for the Langara College Falcons men's basketball team.

Fresh off their Canadian Collegiate Athletic Association (CCAA) national cham-

pionship, the Falcons can now be proud of a proclamation from the city of Vancouver that designates May 13, 2014, Basketball Champions Day.

Along with the Sir Winston Churchill Bulldogs, who were this year's high school senior boys provincial AAAA champions, the Falcons were honoured by Vancouver Mayor Gregor Robertson at city hall.

"The team continues to carry on the proud traditions of Langara College men's basketball, setting an inspirational example of how much can be accomplished when talented and focused individuals work together," Robertson said.

Jake McCallum, Langara's director of athletics, Dr. Brad O'Hara, vice-president academic and provost, and Clayton Munro, dean of student services, joined the players and coaching staff at city hall as the squad presented Robertson with a Falcons jersey to commemorate the occasion.

The Falcons enjoyed their best season in school history, compiling a 20-1 record, winning the Pacific Western Athletic Association (PACWEST) title, before being crowned national champions.

Prior to being honoured by the city of Vancouver, the Falcons were named team of the year by Basketball B.C., while coach Paul Eberhardt was presented with a Basketball B.C. coaching award of excellence and point guard Brody Greig was named the B.C. male college player of the year.

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NEC PREPARES STUDENTS

The Aboriginal early childhood education program at Native Education College prepares students to contribute to the field of childcare in B.C., and to support Aboriginal Head Start Programs by training highly qualified professionals.

Open to both Aboriginal and non-Aboriginal students, this program is designed for a dedicated person whose aim is to make a difference in the community by caring for young children.

"These students embark on a fascinating

journey — they explore the dynamic field of child development, learn about the role of the professional early childhood educator, create ECE curricula, practices and stimulating learning environments that are sensitive to the developmental needs and interests of young children, as well as to their culture," says Inga Kossoroukova, Aboriginal early childhood education program co-ordinator/instructor at Native Education College.

"They also learn to guide children in dealing with mistaken behaviour."

The courses are offered on a full-time basis during the day, but the school can work with students to accommodate their schedules, who can attend the programs part time.

Graduates of the first-year certificate program are qualified to become pre-school and daycare teachers, while the diploma holders become special needs educators and infant and toddler educators.

Applications are being accepted for the Sept. 2 intake. For more information about this program, visit necvancouver.org.

There's a new path for JIBC firefighting students

Firefighting graduates from the Justice Institute of British Columbia (JIBC) will soon have an easier time applying for jobs in the Canadian Armed Forces (CAF).

This spring, the CAF formally recognized JIBC's firefighter programs as meeting the occupational training and learning requirements for CAF firefighting personnel. This includes graduates from JIBC's 12-week career firefighter pre-employment certificate program.

"JIBC has continued to improve its firefighter programs to meet the evolving needs of fire and rescue service departments across the country," says Peter Grootendorst, director of the fire and safety division at JIBC. "Recognition by the Canadian Armed Forces illustrates how we are responding to the needs of the industry and graduating professionals with the necessary skills to excel in a career in public safety."

JIBC's fire and safety division is accredited to 41 levels of National Fire Protection Association (NFPA) standards by the International Fire Service Accreditation Congress (IFSAC) and the Pro Board Fire Service Professional Qualifications System (Pro Board).

JIBC is also the only post-secondary institution in Canada that has bridged professional training and certification into an academic pathway leading to the bachelor of public safety administration.

Applications are now being accepted for the September class of the career firefighter pre-employment certificate program. Deadline is May 30. For more information, visit jibc.ca/careerfirefighter.



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NHL playoffs

Habs' loss comes without Price

Martin St. Louis scored in the second period and Henrik Lundqvist made 40 saves as the New York Rangers made it two in a row at the Bell Centre with a 3-1 victory over the Carey Price-less Montreal Canadiens on Monday night.

The Rangers lead the best-of-seven Eastern Conference final 2-0 heading back to New York for Game 3 on Thursday.

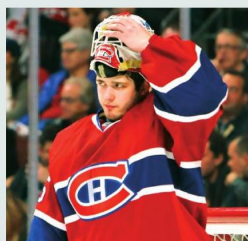
New York's Rick Nash also scored while Ryan McDonagh added a goal and an assist to give the defenceman six points in the opening two games of the series.

Max Pacioretty scored for Montreal, which outshot New York 41-30.

The Canadiens had a shaky Dustin Tokarski playing his first career NHL playoff game in goal in place of Price, the Olympic gold medalist who hurt his right knee in the series opener when he was crashed into by Chris Kreider.

"It was a lot of fun," said Tokarski. "There was a lot of adrenaline. You grow up as a kid wanting to play in the playoffs, and I got the opportunity and just came up a bit short."

THE CANADIAN PRESS



Dustin Tokarski stopped 27 of 30 shots in the Canadiens 3-1 loss the Rangers on Monday night. GETTY IMAGES

Desperate 'Caps call for desperate Camilo?

MLS. Sanvezzo saga reignited as drama in Mexico and lack of scoring in Vancouver spark talk of a reunion



CAM TUCKER

cam.tucker@metronews.ca

As the Whitecaps continue their search for a natural scorer, speculation swirls about the possibility of a Camilo Sanvezzo returning to Vancouver and the soccer fan base he scorned by unceremoniously departing for Querétaro FC.

After a weeks-long saga that included Sanvezzo photographed in a Querétaro kit while still under contract to the Vancouver side, the Whitecaps transferred the Brazilian striker and 2013 MLS Golden Boot winner to Los Gallos Blancos for a "multi-million dollar fee."

Since then, Querétaro FC has been through tumultuous times.

This includes reports that Sanvezzo and other players were not being paid and that the Mexican government has seized the club due to a fraud investigation into Oceanografía, an oil service company owned by Amado Yanez, also the owner of Querétaro FC.

Talk about a possible Sanvezzo return to Vancouver picked up over the long weekend, after Whitecaps' play-by-play man Peter

Schaad wrote for TSN.ca that the striker desperately wanted to come back.

"It's difficult for me to talk about Camilo. He's under contract at the moment," said Whitecaps head coach Carl Robinson on Monday.

"As far as I'm concerned, he is on the list (of forwards the club is looking at) but he's one of a number of five or six players that are on a list of potential players."

Sanvezzo set the MLS standard for goals last year, scoring 22 times in 32 regular-season games.

The Whitecaps currently sit fourth in the Western Conference, with a 4-2-4 record through 10 games. They have 16 goals, but probably should have more given their penchant for the attack and creating chances.

That killer finish has been missing at critical points early on.

But what would a Sanvezzo return do to that intangible locker-room quality known as chemistry?

"From the players, we play," said Whitecaps captain Jay DeMerit. "It's way too speculative at this point where we could say if it would work or not."

More online

For more, check out metronews.ca and follow Metro sports reporter Cam Tucker on Twitter @camtucker_metro



Camilo Sanvezzo, who was sent to Mexican club Querétaro FC during the off-season under a shroud of controversy is among a handful of players the Whitecaps are considering bringing in to add offence.

RAINIER EHRHARDT/GETTY IMAGES FILE

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Oklahoma City loses its Thunder without Ibaka

Spurs take Game 1.

Tim Duncan leads a dominant San Antonio from the start, making six of seven shots in the first quarter



San Antonio's Tim Duncan
GETTY IMAGES

Tim Duncan scored 27 points and the San Antonio Spurs took advantage of Serge Ibaka's absence to dominate the paint, beating the Oklahoma City Thunder 122-105 on Monday night in the opener of the Western Conference finals.

Manu Ginobili added 18 points and Kawhi Leonard and Danny Green had 16 points each. Tony Parker did not appear limited by a hamstring injury, scoring 14 points and having 12 assists.

Kevin Durant scored 28 points and Russell Westbrook added 25. Oklahoma City's remaining starters, Nick Collison, Thabo Sefolosha and Kendrick Perkins combined to score five points.

The Thunder struggled without the defensive presence of Ibaka, who will miss the remainder of the post-season after suffering a calf injury in the Thunder's series clincher against the Los Angeles Clippers.

San Antonio had 66 points in the paint and shot 58 per cent from the field.

The Spurs fed Duncan early with Ibaka out, and the veteran responded by scoring 12 points in the first quarter, making six of his seven shots.

The Spurs beat the Thunder for the first time this season, but it wasn't easy, even with Ibaka's absence. Despite missing his first four shots, Westbrook continued to bull his way into the lane and it paid off as the game wore on.

Westbrook had 12 points in the third quarter, continually driving past Parker and the Spurs before they could

settle in defensively.

With the exception of a pair of free throws by Derek Fisher, Westbrook and Durant scored all of Oklahoma City's points in the third quarter.

The extended efforts exerted by the Thunder's two All-Stars eventually took a toll, especially with the Spurs bench coming to life. Westbrook and Durant were limited to seven points in the final quarter.

Spurs forward Aron Baynes entered with 2:43 remaining in the third and had an immediate impact. His six-foot-10, 260-pound presence halted Westbrook's drive in mid-dribble, creating a turnover, and he also later forced a miss by altering Reggie Jackson's short jumper.

Ginobili closed the quarter with a pair of driving lay-ups to extend San Antonio's lead to 89-82. San Antonio scored the first six points of the fourth, including Leonard's drive down the lane where he spun away from Durant and split two defenders for a layup on the opposite of the rim.

Leonard later stole an over-the-shoulder pass to Durant, sprinting down the court and dribbling around Fisher and Jackson for a layup and a 106-93 lead.

THE ASSOCIATED PRESS

Hearing approaches

NBA lays out case against Sterling

The NBA charged Donald Sterling on Monday with damaging the league and its teams with his racist comments, setting up a June 3 hearing after which owners could vote to terminate his ownership of the Los Angeles Clippers.

The league also said the banned owner has engaged in other conduct that has impaired its relationship with fans and merchandising partners.

A number of sponsors suspended their deals with the Clippers in the wake of Sterling's remarks. THE ASSOCIATED PRESS



In Pontiac, a clunker rusts

The 80,000-seat Silverdome in Pontiac, Mich., hosted the Super Bowl, the NBA Finals, the World Cup, Wrestlemania, a papal visit and concerts by Elvis Presley, Led Zeppelin and the Rolling Stones. Nowadays, the venue is a shell of its former self with its roof in tatters and its innards dark and mould-covered. The current owner's determined to cash in, putting everything inside up for auction starting on Wednesday. CARLOS OSORIO/THE ASSOCIATED PRESS

Scan the image with your Metro News app to see more images of the ghost stadium in Michigan.

Horoscopes

Aries

March 21 - April 20

Don't worry if you find it hard to put your feelings into words – your body language will tell partners and loved ones all they need to know.

Taurus

April 21 - May 21

Why are you so determined to take a negative view of everything that happens? The planets warn in no uncertain fashion that if you think bad thoughts then bad things are more likely to happen.

Gemini

May 22 - June 21

You may have to postpone something you were looking forward to today, but come the end of the week you will look back and be glad you were forced to change the timing.

Cancer

June 22 - July 23

You don't have to be number one all of the time, even though as a cardinal sign you are used to being a leader. If you want to get ahead this week you must compromise.

Leo

July 24 - Aug. 23

You don't have to commit yourself to something if it doesn't feel right. Others may try to make you feel guilty about leaving them in the lurch but it is your own needs that take precedence.

Virgo

Aug. 24 - Sept. 23

It may seem as if a dream is not going to come true but more likely the planets are making you wait a bit so that when the things you desire eventually come your way you will appreciate them more.

Libra

Sept. 24 - Oct. 23

You should know by now that change is the only constant in life and the really good news is that the changes coming your way over the next few days will delight you.

Scorpio

Oct. 24 - Nov. 22

You'll be a bit touchy as the new week begins, perhaps due to a vague fear that a work colleague is plotting against you. Most likely there is no truth in it at all.

Sagittarius

Nov. 23 - Dec. 21

It's good that you support some kind of cause but don't fall into the trap of believing that it's OK to use underhand methods to further your aims.

Capricorn

Dec. 22 - Jan. 20

There is no point arguing with people in positions of power, especially now that Mars, planet of ambition, is resuming its normal direction.

Aquarius

Jan. 21 - Feb. 19

It may seem as if your rivals are being favoured while you are being ignored but even if that is true why should it worry you? Since when have you been the sort who needs other people to help you?

Pisces

Feb. 20 - March 20

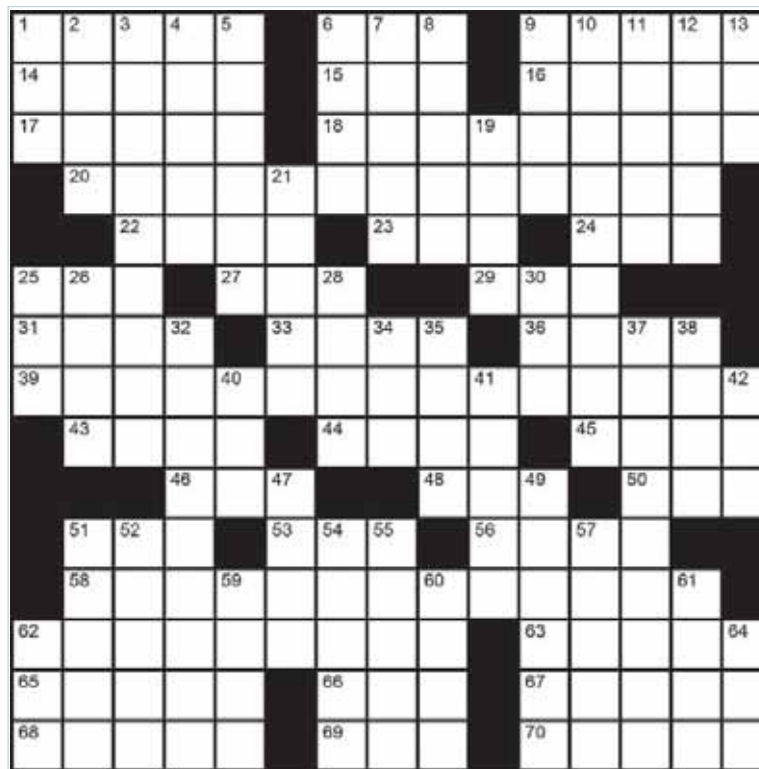
You may have every right to get angry with someone who has let you down but you will make a better impression if you forgive and forget and act as if nothing important has occurred. In the greater scheme of things, it's no big deal.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- The ____ ("Cherish" '60s band, briefly)
- Sports: Patriots' gr.
- Actor Mr. Griffin
- Bing Crosby's "____-Loo-Ra-Loo-Ral"
- Philosopher, ____-tzu
- Hokey
- Heroism [var. sp.]
- Swiss ____
- Stevie Wonder hit that goes "Call up, ring once, hang up the phone...": 2 wds.
- Katy Perry hit
- Freelancer's encl.
- "Cold Mountain" (2003) role
- Hawaiian fish
- Fleur-de-quoi?
- QC city
- Tart
- Three-____ sloth
- Belonging to an '80s TV alien
- Servings from Mommy's kitchen: 3 wds.
- Letters beside GHJKL
- "Finding ____" (2003)
- 2010 Ringo Starr album: "____"
- Radio setting [abbr.]
- Gremlin
- Flames, on scoreboards
- Whale sort



- Muesli tidbit
- Carefree
- Thousands of American resistors of the Vietnam War settled in Nelson, BC in order to?: 3 wds.
- New York's famed

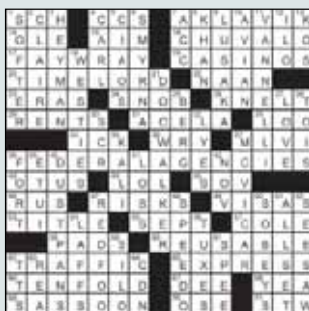
- artsy school
- High nest, vari- antly
- Play part, ____
- Mr. Chaney
- "I ____ break!"
- 2003 to 2004 sitcom, "Oliver ____"

- Singer Salonga
- Wooden
- Four-wheeler, e.g.
- Cleanser
- Glassy/sunny exten- sions
- Storm aka ____ Mun-

- roe, Halle Berry's role in "X-Men: Days of Future Past" (2014)
- Felix ____, Canadian electronica producer
- Jai ____
- Barn locales
- Cage the Elephant's

- "____ Little Closer"
- Designer, Marc ____
- Toronto's DVP = ____ Parkway
- ____ fruit
- Prefix with 'red'
- Behold
- Space: Primordial matter
- "____ calm down." (Breeeathe)
- Strong wood
- Q. "Is '____' sound owls make?" A. "Indeed."
- Shortly
- Cap
- Canadian movie for Samuel L. Jackson, "The ____" (1998)
- Barely get by
- Ms. Moore
- Footloose's friend
- Plod wearily along
- Money exec
- Like some sports stadiums
- Pen
- CCR tune
- "The ____ Trap" (1998)
- Certain condiment
- Internet-sent invitation
- Beatles' "Any Time ____"
- Pang
- British singer Leo
- Nastase of tennis
- Dame Everage link
- Neap ____
- Critical comment
- "Euclid" suffix

Friday's Crossword

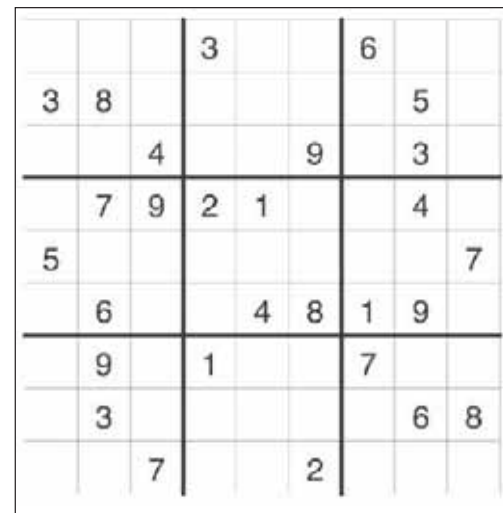


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

18°/12°

Partly cloudy

Wednesday

18°/13°

Variable

Know what the weather will be 14 days from now.

Check the 14 day trend.

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